



# May 2025

31 ways to empower minds and strengthen communities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> Take a mental health screening online.	<b>2</b> Call or check in on a friend.	<b>3</b> Attend a local community event or support group.
<b>4</b> Share your mental health story to help reduce stigma.	<b>5</b> Volunteer for a mental health organization.	<b>6</b> Set healthy boundaries around work, tech, or media.	<b>7</b> Post about mental health resources on social media.	<b>8</b> Support a small business focused on wellness.	<b>9</b> Organize a walk or run to raise awareness.	<b>10</b> Journal about what mental strength means to you.
<b>11</b> Create a calming space in your home.	<b>12</b> Help a neighbor with a task or errand.	<b>13</b> Write a thank-you note to someone who has supported you.	<b>14</b> Advocate for improved mental health resources in your city.	<b>15</b> Take a walk in nature and reflect on your well-being.	<b>16</b> Attend a local government or school board meeting.	<b>17</b> Offer a listening ear to someone in need.
<b>18</b> Host a wellness day or mindfulness workshop.	<b>19</b> Practice a random act of kindness.	<b>20</b> Cook or share a meal with someone.	<b>21</b> Post flyers or share digital resources in your neighborhood.	<b>22</b> Join a virtual peer support community.	<b>23</b> Meditate or try a new breathing exercise.	<b>24</b> Light up your porch green to support Mental Health Month.
<b>25</b> Host a movie night with a mental health documentary or film.	<b>26</b> Read a book that expands your understanding of mental health.	<b>27</b> Decorate a space with affirmations or inspirational quotes.	<b>28</b> Organize a donation drive for hygiene or comfort items.	<b>29</b> Share your favorite coping strategies with others.	<b>30</b> Reflect on how far you've come and what you need to grow.	<b>31</b> Celebrate community by thanking those who make yours stronger.